

## Register now for the fall 2009 Semester at SFCC!

Santa Fe Community College will continue to offer online nutrition courses this fall. These 12-week nutrition courses begin on September 19, 2009 and end on December 11, 2009. Nutrition courses offered this fall are:

- **NUTR 200 Nutrition (2 sections-register for one only) CRN 20954 or 20955**  
Basic principles of nutrition, including functions, interaction and human requirements of nutrients in maintaining optimum health.  
Required Text: *Nutrition: Real People, Real Choices* ISBN-10: 0130612243 or ISBN-13:978-0130612243
- **NUTR 205 Nutrition in the Life Cycle CRN 20956**  
Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly.  
Required Text: *Nutrition through the Life Cycle*, 2<sup>nd</sup> ed. ISBN 0534589898
- **NUTR 208 Nutritional Assessment CRN 20957**  
This course presents the basic principles used in the anthropometric, biochemical, laboratory and dietary assessment of individuals.  
Required Text: *Nutritional Assessment*, 4<sup>th</sup> ed. ISBN 72441062
- **NUTR 209 Nutrition in Chronic Disease CRN 20958**  
Review of the relationship between nutrition and obesity, diabetes, hypertension, heart disease and cancer.  
Required Text: none
- **NUTR 221 Diabetes Management CRN 20959**  
Prevention and management of diabetes including blood glucose control, insulin and medication, nutrition and exercise recommendations, and the prevention of complications.  
Required Texts: *Complete Guide to Diabetes* 4<sup>th</sup> ed, ISBN 1580402372  
*Guide to Eating Right When You Have Diabetes* ISBN 1580401619

Additional health related courses that may be of interest:

- **EXSC 202 Instruction in Life Style Change CRN 20965**  
Health risk appraisals and their application to lifestyle change. Topics include weight control, stress management programs and the principles of exercise adherence. Emphasis is on techniques in behavior modification, motivation, teaching and counseling and behavior change as lifestyle change.  
Required Text: *Access to Health* ISBN 0536298165
- **HPER 164 Weight Management and Exercise CRN 20953**  
Personal nutrition, behavior modification and exercise for weight management.  
Required Text: *The Step Diet Book* ISBN 0761133240

The textbooks required above may be ordered and shipped through the SFCC bookstore (505.428.1218) using a credit card OR through most major online booksellers. Students should have their text available the first day of class.

We will be using the same process for registration and enrollment of your students. Again, all information students need to apply, register and access courses can be found on links on the SFCC home page [www.sfccnm.edu](http://www.sfccnm.edu). I encourage you to refer to the online catalog and schedule (which can be accessed from the home page) for more detailed information.

- All new SFCC students must first complete an online application before registering for any courses (follow REGISTER FOR CLASSES link)
- To register for online course courses follow the REGISTER FOR CLASSES link
- **Registration dates and payment deadlines for the fall 2009 semester are as follows:**
  - Early bird (discounted) registration is from now to July 29-payment deadline is 4:30 pm MST July 29
  - Regular Registration July 30-August 21 and August 26-Sep 18-payment deadline is 4:30 pm MST the Monday of or following your registration
  - NO LONGER APPLIES—Late Registration fee of \$25 (new) will applied if you register Aug 22-25—register before or after these dates to avoid this fee—NO LONGER APPLIES
  - Please make payment by deadlines to avoid being disenrolled
  - Individual students enrolling and paying their own tuition may call the Cashier's Office at 505 428-1211 to make payment or make arrangements for payment. Payment can also be made online by credit card by following the link.
  - Third party payers must email the following information to Jeanne Archuleta [Jeanne@sfccnm.edu](mailto:Jeanne@sfccnm.edu)
    - Purchase order # or letter of intent to pay
    - Student name(s)
    - Student A#
    - Student phone number
    - Course(s) each student is enrolling in
- Students can access their courses the first day of class by following the ONLINE CLASSES link

**For specific information or questions contact the following individuals:**

Registration helpline 505.428.1270

Technical problems with registration or online courses: Help Desk 505.428.1222

Tuition/registration payment 505.428.1211

Bookstore 505.428.1218

Nutrition course content information-Gretchen Scott [gscott@sfccnm.edu](mailto:gscott@sfccnm.edu) 505.428.1311